

The Student VOICE

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Worcester State University

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Who Knew About Woo U: Your Voice

By: Joseph P. LaBaire

As most of you already know, we are currently in an election year that will prove to be historical in our country's history, no matter what the outcome. It is our duty as American citizens to exercise one of our greatest rights, the right to vote.

I recently did a poll on campus and found that for the most part, a lot of you (students) here at Worcester State are registered voters and this will be the first presidential election you have ever partaken in. Voting is a big moment in one's life. It puts a young person one step closer to being an adult, which means making decisions based on knowledge and facts, not opinion.

Since the beginning of this semester there has been a lot of talk on campus about the election. Walk down any hallway and you will probably hear a professor talking politics when he or she should be teaching Calculus or something else not related to politics. Sometimes these trusted sources of

information (professors) will even go as far as telling their students who they should vote for. Trust me, I'm all for freedom of speech (our 1st amendment), but at what point does free speech become persuasion?

Do not trust everything that your elders or the media tells you. The purpose of your experience here, in a higher learning estab-

lishment, is to learn how to think critically for yourself. I know the workload of the semester can be heavy this time of year and the last thing you want to do is more research than necessary. However, if you have some free time before the elections, do yourself a favor and do some research on both of the presidential candidates. Vote because you want to, not because

your parents, professors, or friends tell you to. You have a voice and your message should be heard.

Be proud of yourself, your voice, and your right to vote. Election Day is Tuesday, November 6. Do not let this opportunity pass you by. Speak up and may the best candidate, the right candidate, win.



Worcester State Students Participate In 'Light The Night'

By Lindsey Bullen

Editors Note: Lindsey Bullen is a WSU Senate member contributing this article as an account of the WSU students participating in the 2012 'Light the Night' walk.

On September 20, Student Senate was approached by a representative from the Leukemia and Lymphoma Society. The question posed to Senate was this: Would Worcester State like to create a

team of students to help 'Light the Night' with hundreds of others at their annual Worcester walk on Sunday, October 14?

Within ten minutes, a plan had been put into motion to rally the campus community to action. By the next day, an official Worcester State team had formed, a Facebook event was created, all student organizations were notified and asked to participate, and attempts to fundraise and spread awareness for the cause began.

The end result was a team of

twenty students from all areas of the campus community, donned in WSU's signature blue and gold, walking down Shrewsbury Street on a beautiful fall night, carrying symbolically colored red, gold, and white balloons to pay tribute and bring hope to people battling cancer. Needless to say, it was a truly touching moment.

The night kicked off with a rally in Cristoforo Colombo Park on Shrewsbury Street. Anyone who raised over \$100 was deemed a "Champion for the Cure" and was

granted balloon of their choice. Red balloons signified supporters of the cause, gold balloons were in memory of someone who lost their battle with cancer, and white signified a cancer survivor. Inside each balloon was a small light bulb that could be turned on and off, hence the name of the walk: Light the Night.

Personal stories of those lost to cancer were shared, as well as stories of hope and survival. When indicated, those who were

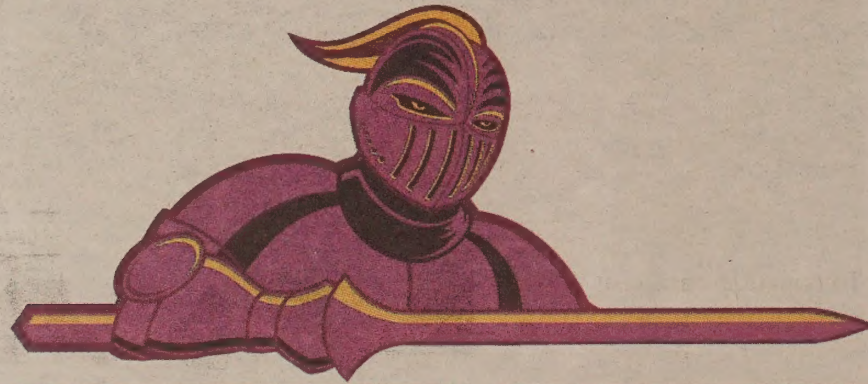
Continued on page 3

WHERE IS LANCERMAN?!

In the spirit of Halloween, Lancerman has been buried alive somewhere on campus.

Keep your eyes peeled for his headstone, but bring a shovel because you'll have to dig him up.

Bring Lancerman back to the Student Voice office – Room C320, 3rd floor of the Student Center
And receive a \$10 gift card to Nu Café!



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The Student Voice meets every Thursday at One Lancer Place in the Student Center at 2:30 p.m.

To contact us, please send an email to studentvoice@worchester.edu

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Continuation of Worcester State Students Participate In 'Light The Night' on page 1.

survivors of cancer and possessed white balloons were asked to turn their light on and raise the balloon proudly in the air. Then, those possessing gold balloons in memory of a loved one lost were asked to do the same. Finally, the red balloons were raised and lit.

Standing in the large park with October winds blowing on your face and seeing a sea of balloons floating in the air, it was hard not to feel a mix of emotions, whether it be heartache, hope, or just the amazement that right before your eyes, something bigger than yourself was occurring.

Cancer takes away so much


from those it touches, whether it be the patient themselves or the caretakers, family, and friends of those inflicted by such a tumultuous, unpredictable disease. All share in the pain of cancer. It was empowering to see what happens when hundreds of people who are tired of the pain, gather together to fight back against such a ravenous and relentless disease that has no consideration for those it strikes, proving that there truly is strength in numbers.

The Worcester State student team alone raised \$480 dollars which will go towards lifesaving research and patient services. Donations are still being accepted.

To donate, please visit WSU's team page: <http://pages.lightthenight.org/ma/Worcest12/WorcesterStateUniversity>





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Box of Vox

Fall

I hate this time of year.
I get violated by critters of all kinds.
Finding what they can and making homes in me.
People come and stare and say,
"Oh, look how beautiful it is."
No! No it's not! I'm naked!
The grass dyes around my roots.
My leaves are ripped off by the wind.
I'm stripped to my bones.
Since when are bones beautiful?
There's nothing to protect me from the chills that come.
Each night colder than the last.
It's terrible!

The pines mock me with their lush branches.
Their funny looking leaves never change and leave them.
I do however get my justice.
When winter is in progress,
the people murder one of them.
They prop its lifeless body inside their home,
and put funny things on its
branches.
That's that only thing that brings me comfort
during this dreadful time of year.

-Laura Alty

Negativity

Negativity is the starting point of unhappiness
People need to put their judgment aside
So together as humans we won't collide
We need to stop judging people on their skin tone
Or we will find ourselves in a panic zone
So before you try to put somebody down
Look in the mirror and see that you don't have a crown
You are not a king, or any different than us
So when you have a bad day try not to cuss
Instead bite your lip and be happy to be alive
Because there are people in this world who don't get to see
The sun rise.

-Alec Mastrototaro

Editor's Note:

Due to the pleasing number of student poetry submissions for the month of October, next month's Box of Vox column will play host to the first Student Voice Poetry Contest. Please submit one poem to studentvoice@worchester.edu by November 31. The winner will receive a \$10 Barnes & Noble gift card. There are no constraints on the theme or form of the poem, but if you submit your own Epic, we might have difficulties fitting it into our limited amount of space. So go easy, Homer. That being said... good luck, and look for the winner in next month's issue.

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Binaural Beats Helps with Issues Including Concentration and Studying

By Matthew Cunsolo

Are you the kind of person who needs to get up and go somewhere in order to do schoolwork? Personally, I can't focus very well in my room. I fatigue quickly and my mind tends to wander much more easily than it does in a classroom environment. If this happens to you, you may have heard about those scientific studies that have confirmed that when someone tries to do homework while sitting in bed, their brain is in sleep-mode merely from being on that bed and thus is ill equipped to focus. Conversely, if you do too much schoolwork in bed, your brain will associate bed with work-mode and you will have a hard time sleeping. An interesting and relevant side-note, this however, is not what I'm here to tell you about. I am here to propose a solution.

I find places like cafes (the

library cafe here at WSU, Nu Cafe, The Bean Counter) much more conducive to long periods of schoolwork. But there is one problem - the noise. The energy of the room somehow enlivens me in a way that sitting alone in a quiet room does not, but it always has the undesirable side effect of loud interruption of concentration. Good news comrades, I have found the cure and I wish to share it with you.

With the use of binaural beats, you can turn any crowded, noisy room into the perfect, focused, ultra-zen study zone. The binaural beat is an auditory phenomenon that is actually created by your brain. One solid frequency is played into your left ear, and then another at a slightly different frequency is played into your right ear. The result is a low frequency pulsation that appears to your ears to be very real, but is in fact an

illusion created by your brain. You can test this by putting only one headphone in at a time. You will notice that you are really listening to two, solid sounds, that when combined sound like waves of pulsation.

This is more than just a cool parlor trick; there is a huge range of applications for binaural beats. See, because the pulsing effect is literally created by your brain, these frequencies can influence your brain directly. The frequencies are broken down into what they call Alpha, Beta, Gamma, Delta and Theta waves. The technicalities behind the nomenclature (look it up if you don't know that word) here is not important, all you need to know is that each type of wave frequency will affect you differently - Alpha being the highest frequency and Theta the lowest. The effect of listening to binaural beats over extended periods of

time - that is also important, the longer you listen the more it works - is that you become more alert, more focused and more productive. Either that or you will become very peaceful and relaxed. Generally, higher frequencies promote productivity and energy whereas lower frequencies are perfect for meditation or simply unwinding after a long day. It's different for everyone so try out different frequencies and find what works for you.

It is imperative that you use stereo headphones or this will not work. If you want to use this as a study aid, get a pair of noise canceling earbuds and the earplug quality of the headphones, combined with the noise of the binaural beats will be enough to turn any loud room into pure zen. Ok so where do you find these? They're all over the Internet - just Google them. Many are actually binaural

Continued on Pgae 7

Lines Within Lines

By Thom Friend

Susan, I'm weary. I'm weary of this creaky old house and that crummy old car. I'm weary of this out-of-tune piano that I cannot play, and the dusty books on top of it that I have never even considered reading. I'm weary of the long winter and when it's spring, I'm weary of the never ending days. I'm weary of the traffic light at the bottom of the street that starts its day before I do and flashes yellow all night and never ever get's tired. I'm weary of pork chops and steak and chicken and turkey and your delicious pot roast. And I'm weary of every wine. I'm weary of our children and our children's children and I pray to God that they have no children because there's nothing more wearisome than a new-born's distorted, screaming face on the day that it enters this worn out world.

I looked into the mirror this morning, Susan, (or was it yesterday?) and I saw lines that were not there last night. And within those lines I saw other lines that had been there for hundreds of years

and.. well you can see my problem. I fell asleep in the recliner last night with a glass of chateau and I dreamt that it crawled, the glass, ever so slowly, up the cuff of my sleeve. I trembled, Susan, as it inched upward and upward to my neck and I felt the cold glass on my Adam's apple and it felt like pressing my nose against the glass at the zoo, at the penguin exhibit. Do you remember the penguins?

No, of course, it was before your time. Well there used to be penguins at the zoo on 4th St. but the zookeeper had been cleaning the glass with this new solution and it made the penguins ravenous. They were crowding the window and licking the glass. Licking, Susan! If you can believe it... Most people don't realize that penguins even have tongues, but they do. They would remind you of a cat's tongue except more spindly and slimy looking. But anyway, they would get their fill of the cleaner as the visitors to the zoo looked on with smiles ear-to-ear. And the zookeeper was well and pleased because so many people started visiting the zoo. So many, in fact,

that he decided to make the glass-cleaning a daily occurrence.

Well, one morning the penguins began acting queer. After breakfast, they came to lick the glass as usual, fighting for an open space, with the children pressing their noses up against it opposite them, employed in a similar fashion. But one of the penguins stopped licking and went stiff, stiff as a board. He stared forward at the glass and began to sway, ever so slowly. The other penguins, one by one, fell under a similar trance. Undoubtedly, some chemical in the cleaner was affecting their motor skills and today's liberally-applied coating marked the overdose limit. The children, naturally, loved this new and unexpected show, and everyone got a chance to come and look at the ridiculous things, swaying there, drunk on glass cleaner. No one, however, foresaw what would happen next.

One of the penguins snapped out of his trance and approached his nearest compatriot. He began mercilessly pecking at the other's eye, the wretched thing. One by one, they all awoke and began

pecking at one another, making the most awful noises, trailing bits of one another from their beaks. Some parents were trying, in vain, to withdraw their children from the glass, others just stared on, paralyzed by this bizarre occurrence.

That was the last day the zoo on 4th was ever open. Shame, it was a nice little zoo, well-kept... Well, anyway, where was I? Oh, yes. That was just how it felt, that wine glass upon my neck, just like the glass at the penguin exhibit. So up and up the glass went, trailing one thin line of wine down my neck and onto my collar. It finally reached my mouth and clasped to my lips. I tried to pull it away, but it was suctioned there, squid-like and filled to the brim. I grasped for air and found wine instead. My vision became cylindrical and the sound of my own choking began to drift further and further away. But the wine, oh the wine tasted wonderful, Susan. And this morning, or maybe it was yesterday morning, that's when I noticed these new lines on my old lines and I swear they must be at least a hundred years old.

Entertainment

Moving in Stereo: Musicians from Near and Far

By Ashley Arseneau

The music scene in Worcester is made up many different types of acts. There are rock bands of all kinds, reggae bands, dub step artists, hip hop groups and rappers, the more classical acts you can see at Mechanics Hall or Tuckerman Hall from Music Worcester, and yes even a few country artists are thrown into the mix. Diversity is part of what makes the music scene in Worcester so great. In a city that is so small, we have a little bit of most of everything at our disposal, live, without having to go all the way to Boston unless we want to.

Earlier in October, I was invited by The Alchemystics, a band from the Northampton/ Amherst area, to their most recent show at The Lucky Dog. For any of you that have not been lucky enough to head down there for a show, The Lucky Dog is a local bar that puts on live music shows most nights of the week and is very close to campus, just being on Green St. They host a multitude of different acts whether it be '80's cover bands, reggae/ hip hop groups such

as The Alchemystics, metal bands, and all the rock you could want. Unfortunately, it is 21+, however it is well worth the wait until you can get yourself in the door.

As previously mentioned, The Alchemystics are a hip hop/reggae group. According to their drummer, Demse Zullo, the best way to fully describe the music would be "a mix of conscious hip hop, reggae, soul music and dub." Zullo also said that there are intentional messages to the music and they also intend to make people dance to their music.

Dance they did during The Alchemystics set. By the time the group took the stage a few minutes before midnight The Lucky Dog had filled up from a decent sized crowd to the area around the stage being completely packed. Before they took the stage they had rapper Catalyst, who appears with them on a few tracks, rap about random objects brought up to the stage from their pockets. He was able to carry this on for a good minute and a half.

The band has been together in their current lineup for over four years and according to their Face-

book The Alchemystics originally formed in 2004 and show no signs of slowing down. Anyone looking for a good party can be sure they will find it at one of their shows.

If you cannot make it to a show or just want to hear them for yourself, email spread.hope6@gmail.com to receive a free download of their album Spread Hope. They are also on FaceBook, Spotify and can be found on their website <http://www.alchemystics.com/>. To see my videos of their set at The Lucky Dog go to www.studentvoice.wordpress.com.

Country Music in Worcester?

Yes indeed there are country music artists in and around Worcester. We the Worcester State Community are lucky enough to have one as a member of our campus community.

Erin Ollis is a WSU student and singer who has garnered national attention. She was named the 2012 Future Star Female Vocalist of the Year at the North America Country Music Association's competition in Tennessee according to her website.

Ollis grew up singing classical music but in recent years she has drifted more towards country after being inspired by the likes of Kenny Rogers, Carrie Underwood, and Martina McBride. As a fan of country music new and old I feel safe in saying her voice and songs would be very popular amongst today's country music scene and outside of the spectrum. The raw talent in her voice most likely comes from singing classical music and gives her a good vocal range to hit notes most amateur singers are not familiar with.

Ollis will be performing on November 3 at the Spruce Street Tavern in Clinton, MA and at the Order of the Holy Sepulchre in Newport, RI on November 17. For more show dates or to hear her music for yourself she can be found on FaceBook or on her website www.erinollismusic.com.

She stopped by recently us a live acoustic performance outside our office in the student center. You can check it out our website www.wsstudentvoice.wordpress.com or our FaceBook page.

WSU Fashion: Comfort Meets

Appropriate Dress

By: Lola Ogunjobi

Being a part of the Worcester State community could definitely make one feel as if they are completely invisible as they pass many unfamiliar faces on a day to day basis. One way that we distinguish ourselves amongst a sea of people is by the way we dress, yes, by fashion.

It is not always the latest styles and trends that catch a person's attention, but often it is an individual's personal style [or lack thereof].

Walking around the WSU campus, many times it would seem as though the majority of students have just rolled out of bed. This stereotypical student dons the unofficial college uniform; a pair

of sweat/yoga pants, maybe a pair of Ugg boots or sneakers, and the ever-present sweatshirt or North-face jacket.

These items of clothing may seem comfortable, but what do they really say about you? What story does your fashion choice tell? As some would say, the idea of growing up also means to "dress for success". Consider collegiate life a dry run for your post-grad years.

Being comfortable does not mean that there has to be a slack on style and trying to look your personal best. There are students that seem to have achieved the goal of comfortability, as they are seen going from class to class in their own styles, which could lead a person to make positive assumptions about one another.

You never know when an opportunity will arise, would you really want to be caught in what you wore to sleep last night? The challenge is to impress yourself, and to dress for success. The possibilities are endless.

Ready, set, get fabulous (or devilishly handsome)!

Example of comfortability without the "Hot Mess" Factor:

Nina Healy a WSU Junior
"I wouldn't really go out in sweats unless it was a dire situation. But I love to dress well, but still be comfortable in what I wear. Fall is the time to pull out the big comfy sweaters and boots."



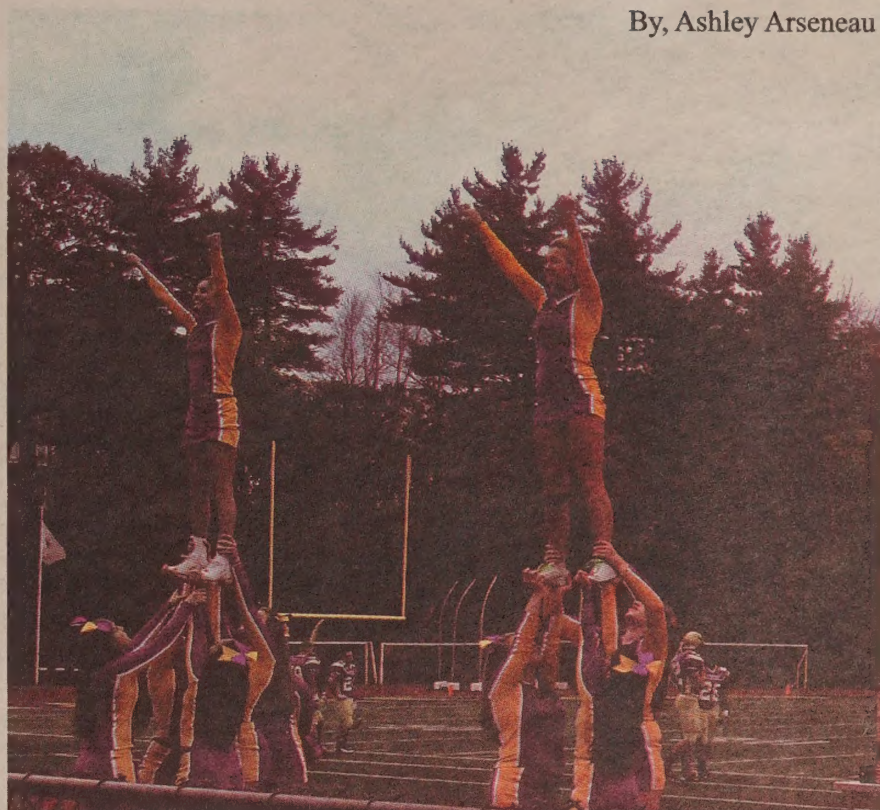
Continuation of Binaural Beats on page 5

beat patterns played in the background of a song. A pure, robotic, pulsing sound puts some people off, so having it masked in atmospheric music might be more your thing. I find that the songs people have made that incorporate binaural beats are great for meditation and relaxation but distracting for study. Search YouTube for "binaural beats study" and you'll get the right stuff. Also, one of the most effective examples of this is on the Wikipedia page if you just search "binaural beats." It's a sound file near the top of the page. It doesn't come up on the Smartphone version of Wikipedia so use your laptop.

Long-term effects of binaural

beat use include increased neuroplasticity, which is your brain's ability to form new neural connections — a very good thing. Unverified claims are that binaural beats help with memorization, quitting smoking and even improving athletic performance. Though none of these are verified, I listen to these things all the time and I'll tell you I believe it. I'm actually even listening to binaural beats right now and have been throughout the construction of this entire article. Fancy that. Once you try these don't be surprised if you never want to read, study or write a paper without them again. You're welcome.

WSU Cheerleaders at Homecoming during the Football game against Fitchburg State.



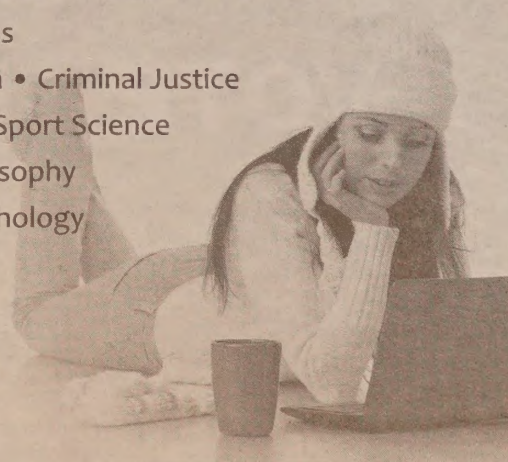
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